

# MAY 2026

## Snack Menu

### Shasta Lake School

Peas be with you this May!



Monday

Tuesday

Wednesday

Thursday

Friday



1

**SNACK**  
PRETZELS  
FRESH FRUIT & VEGGIES

4

**SNACK**  
SAVORY CRACKERS  
FRUIT JUICE

5

**SNACK**  
APPLE CINNAMON OATMEAL ROUND  
MILK

6

**SNACK**  
BEAR GRAHAMS  
FRUIT CUP  
VEGGIES

7

**SNACK**  
HOMEMADE MUFFIN  
FRUIT JUICE

8

**SNACK**  
GRANOLA BAR  
VEGGIES



11

**SNACK**  
SAVORY CRACKERS  
FRUIT JUICE

12

**SNACK**  
YOGURT  
CRAISINS  
FRUIT SLUSHIE

13

**SNACK**  
COOKS CHOICE

14

**SNACK**  
STRAWBERRY CHEX MIX  
FRUIT JUICE

15

**SNACK**  
PRETZELS  
FRESH FRUIT & VEGGIES



18

**SNACK**  
SAVORY CRACKERS  
FRUIT JUICE



19

**SNACK**  
APPLE CINNAMON OATMEAL ROUND  
MILK

20

**SNACK**  
BEAR GRAHAMS  
FRUIT CUP  
VEGGIES

21

**SNACK**  
HOMEMADE MUFFIN  
FRUIT JUICE

22

**SNACK**  
GRANOLA BAR  
VEGGIES



25

**SNACK**  
SAVORY CRACKERS  
FRUIT JUICE

26

**SNACK**  
YOGURT  
CRAISINS  
FRUIT SLUSHIE

27

**SNACK**  
COOKS CHOICE

28

**SNACK**  
HOMEMADE MUFFIN  
FRUIT JUICE

29

**SNACK**  
PRETZELS  
FRESH FRUIT & VEGGIES



Snacks consist of 2 of the following components per day.

- 1 Cup Milk
- 1 Oz. Meat/Meat Alt.
- 1 Oz Whole Grain
- ¾ Cup Fruit
- ¾ Cup Vegetables

This institution is an equal opportunity provider.

